



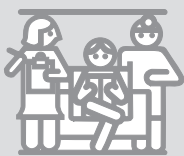
## After Your Septoplasty

1. Keep the head of your bed raised at least 30 degrees. This promotes drainage, decreases swelling and discomfort, and eases breathing.
2. Keep ice packs on your nose as your nurse or doctor advised.
3. Some drainage from your nose is normal, but watch closely for a lot of bleeding on the drip pad.
4. Do not blow your nose—breathe through your mouth because nasal packing is in place. (Sometimes nasal packing is not used.)
5. Do not swallow secretions. Spit them into a basin.
6. You may have only a liquid diet until the nasal packing is removed. (Nasal packing makes it difficult for you to swallow food.) Drink plenty of liquids.
7. Rinse and cleanse your mouth frequently. If your lips get dry, put lip moisturizer on them.

Other instructions:

**Contacts** (Reach the staff members below through the NIH page operator at **301-496-1211**.)

Your Doctor:

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This information is prepared specifically for patients participating in clinical research at the Warren Grant Magnuson Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

Questions about the Clinical Center? [OCCC@cc.nih.gov](mailto:OCCC@cc.nih.gov)

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